

Top ten foods

Here's a guide to foods that will give you the biggest bang for your nutritional loonie. Build your menus around them!

by Mairlyn Smith

BROCCOLI

You can't go wrong with cruciferous vegetables like broccoli, cauliflower and Brussels sprouts. Broccoli comes out a clear winner for its nutrient punch, year round availability and consumer appeal.

BLUEBERRIES

Blueberries are rich in anthocyanins and have an extremely high antioxidant capacity so indulge everyday.

APPLES

"An apple a day keeps the doctor away" isn't too far off the mark. All apples including the peel are antioxidant rich.

SWEET POTATO

This beta-carotene rich veggie is also a good source of potassium. Sweet potatoes were ranked as the number 1 food by the Center for Science in the Public Interest. Eat the skin to ensure maximum benefits.

TEA

Flavonoids are responsible for the antioxidant effect that white, green and black tea display.

NUTS

The next time you want a serving of heart healthy fats, protein, vitamin E, folate, potassium, magnesium, zinc, and fibre just grab a small handful of nuts. But serious about the small: that's a 1 oz (30 g) handful.

BARLEY

This super whole grain is a rich source of soluble fibre (beta glucan) which mixes with liquid, binds to fatty substances and helps them leave the body.

Mairlyn Smith is a professional home economist, actor, freelance writer, recipe developer, motivational speaker, Second City alumnus and mom. Her latest book, *Ultimate Foods for Ultimate Health: And Don't Forget the Chocolate!* (Whitecap 2007), which she co-authored with Liz Pearson, RD, is a national bestseller.

COCOA

Try adding natural cocoa powder to your diet as a source of flavonoids.

BEANS

Substitute beans for simple carbs like white rice, pasta and potatoes. Rinse canned beans under cold running water to reduce sodium and toss them into a salad or your favourite bean recipe.

SALMON

Fatty fish such as salmon, anchovies, mackerel, herring, sardines and trout are rich in omega-3 fatty acids. Try eating it two or three times a week.

